SHEERMIND MINDFULNESS TRAINING

PHASE TWO – CONTROLLING YOUR INNER STATE

**What is your ‘Inner State’?**

Sensations; Ideas; Emotions; Feelings; Motivation; Confidence

* Your Inner State is a Mindset that you can adjust

**Internal vs External events – which can we control?**

Remember creating a goal wheel, noting how you can affect a change in your life – it all has to do with whether or not you can focus your attention on yourself and the things you can achieve.

**Thinking of the Inner State you want to create:**

Understanding your own ideal inner state takes some degree of self knowledge:

* What is it that you want to feel?
* How do you want to approach things?
* What is it about yourself that you admire?
* What sort of characteristics do you want to embody?

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Having a good idea of where you want to be will help guide your Inner State.

**What makes an occurrence good or bad?**

By definition, only one’s impression of an event can make that judgement. Therefore, an event cannot BE good or bad, it can only be interpreted so.

Creating a gap between observation and interpretation is your chance to make better impressions and keep your Inner State in control.

**Creating your ‘Operating System’**

Thinking of your Inner State as something that results from a better *system of impressions* is the key to understanding how to influence your own happiness, motivation and clarity.

Imagine you wanted to upgrade your software with a newer, more powerful operating system, but first it had to fight its way past the old way of functioning. This is exactly what happens when we try and change the way we think and perceive things.

We want a powerful, positive system in place, but often it has to fight past a destructive, negative way of thinking.

**Three tools for adopting a new Operating System:**

NO Expectations: ­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reservation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

QUESTIONS! \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_